



 **54%**
HEALTH SCORE

Red Bean Stew with Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 15 ounce kidney beans rinsed drained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 1 cup carrots diced
- 1 cup ditalini pasta tube-shaped uncooked (4 ounces short pasta)
- 14 ounce beef broth canned
- 1.5 cups mushrooms
- 1 tablespoon olive oil
- 1 ounce parmesan fresh grated

2 tablespoons basil pesto

1.5 cups water

Equipment

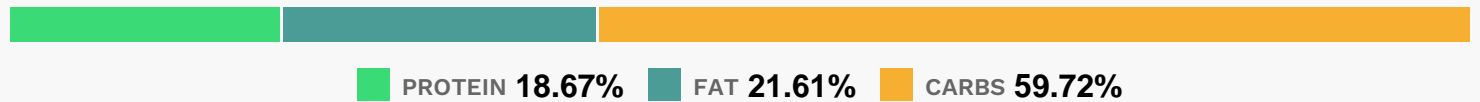
dutch oven

Directions

Heat olive oil in a Dutch oven over medium-high heat.

Add mushrooms and carrot; saut 4 minutes. Stir in water and the next 4 ingredients (through broth). Cover; bring to a boil. Stir in pasta; cook, uncovered, for 11 minutes or until pasta is done. Stir in pesto; sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:56.96, Glycemic Load:8.73, Inflammation Score:-10, Nutrition Score:24.276521636092%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 390.12kcal (19.51%), Fat: 9.61g (14.79%), Saturated Fat: 2.39g (14.94%), Carbohydrates: 59.77g (19.92%), Net Carbohydrates: 49.43g (17.97%), Sugar: 10.14g (11.26%), Cholesterol: 5.42mg (1.81%), Sodium: 804.31mg (34.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.69g (37.37%), Vitamin A: 5774.11IU (115.48%), Manganese: 0.96mg (48.13%), Selenium: 33.31µg (47.59%), Fiber: 10.34g (41.35%), Phosphorus: 316.5mg (31.65%), Potassium: 1094.72mg (31.28%), Copper: 0.61mg (30.64%), Magnesium: 86.01mg (21.5%), Vitamin B3: 4.13mg (20.65%), Iron: 3.62mg (20.11%), Vitamin B2: 0.34mg (19.82%), Vitamin B6: 0.39mg (19.36%), Vitamin B1: 0.28mg (18.72%), Calcium: 185.47mg (18.55%), Vitamin K: 16.5µg (15.72%), Vitamin C: 12.95mg (15.7%), Folate: 61.28µg (15.32%), Vitamin E: 2.09mg (13.92%), Zinc: 2mg (13.32%), Vitamin B5: 1.27mg (12.65%), Vitamin B12: 0.1µg (1.66%)